

Dingwall Leisure Centre – Summer Holiday Pool Programme

Monday 3rd July – Sunday 13th August 2017

MON	7.00 9.00 Public Swimming	9.00 10.00 Swim Lessons	10.00 12.00 Public Swimming		12.00 1.00 50+ Swimming	1.00 2.45 Public Swimming (L.S 1.00-2.00)	2.45 3.45 Family Swimming	3.45 7.45 Public Swimming (L.S 5.45-6.45)		7.45 8.45 Adult Stroke Develop	8.45 9.30 Adult Swimming (L.S)	
TUE	7.00 9.00 Public Swimming	9.00 10.00 Swim Lessons	10.00 11.00 Family Swimming	11.00 3.45 #Public Swimming# L.S 1.00-2.00 (4 Lanes)				3.45 4.45 50+ Swimming	4.45 7.30 Public Swimming (L.S 5.30-6.30)		7.30 8.30 Ladies Only	8.30 9.30 Public Swimming Happy Hour (L.S)
WED	7.00 9.00 Public Swimming	9.00 10.00 Swim Lessons	10.00 12.00 Public Swimming		12.00 1.00 Adult Swimming	1.00 2.45 Public Swimming Happy Hour / LS 1.00-2.00pm	2.45 3.45 Family Swimming	3.45 8.30 #Public Swimming# (L.S 5.45-6.45)			8.30 9.30 Adult Swimming (L.S)	
THU	7.00 9.00 Public Swimming	9.00 10.00 Swim Lessons	10.00 11.00 Family Swimming	11.00 3.45 Public Swimming L.S 1.00-2.00 (4 Lanes)				3.45 4.45 50+ Swimming	4.45 6.30 Public Swimming (L.S 5.30-6.30)	6.30 8.00 Dingwall Swimming Club	8.00 9.30 Public Swimming (L.S 8.30-9.30)	
FRI	7.00 9.00 Public Swimming	9.00 10.00 Swim Lessons	10.00 12.30 Public Swimming		12.30 1.15 Aqua Aerobics	1.15 8.30 #Public Swimming# (L.S 1.15-2.15pm & 5.45-6.45pm) The pool may close from 6.45-8.15pm for party hire					8.30 9.30 Adult Swimming (L.S)	
SAT	8.00 9.00 Public Swimming Happy Hr	9.00 11.15 Public Swimming		11.15 12.15 Family Swimming	12.15 3.00 Public Swimming (Snorkelling available 2-2.45pm)		3.00 4.00 Adult Swimming (L.S)	<u>All Inclusive High Life Scheme</u> Join our fantastic value <i>High Life Scheme</i> . Pay one low monthly fee and get unlimited use of all Leisure Centre run activities. Excellent value at only £20.00 for individual membership or £30.00 for a family membership.				
SUN	8.00 10.00 Public Swimming		10.00 11.00 Family Swimming	11.00 3.00 Public Swimming			3.00 4.00 Adult Swimming (L.S)					

Programme Guidance Notes

Lane Swimming – Available where **L.S** is stated on the programme. Please note there will be 4 lanes out on a Tuesday and Thursday from 1-2pm
Swimming Lessons – Children's swimming lessons will take place during the first 2 weeks of the summer holidays, thereafter will be replaced with public swimming.

Family Swims – Designed for families (no un-accompanied adults or children) mats / toys will be out for the kids.

Adult Stroke Development – If interested in improving your technique please come along, no need to book for this activity.

Happy Hour – Activity £1.00 per person during the times stated.

Staff training – Staff training may take place in the pool during from 2.15-3.45 on Tuesdays and 2.15-4.15pm on Fridays.

Party Hire – The swimming pool is available to book from 7.00-8.00pm on Friday nights for pool parties and may close to the public from 6.45-8.15pm (please check availability at reception before coming to swim).

Aqua Aerobics – Gentle aerobics class held in the shallow end of the pool.